BRUSHING FOR TWO

A HEALTHY START

FOR YOUR BABY

Facts:

- Taking care of your mouth during pregnancy will help you to have a healthy full-term baby.

- Keeping your teeth healthy can help your baby's teeth stay healthy.

- The chances of getting gum disease increase during your pregnancy.

- The unborn baby does not take calcium from your teeth.

- It is safe to go to the dentist while you are pregnant.

What Should You Do?

Brush your teeth after eating with a fluoride toothpaste.

Floss your teeth at least once a day.

Eat healthy foods. Avoid snacking on sweet, sugary foods and drinks.

Take your prenatal vitamins.

Have a dental check-up during your pregnancy.

Smile

...For Good Health!

VDH VIRGINIA DEPARTMENT OF HEALTH

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DENTAL HEALTH PROGRAM

www.vahealth.org/dental